

Now Available!

## Eat Healthy • Be Active Community Workshops

Six one-hour workshops, based on the *Dietary Guidelines for Americans, 2010* and *2008 Physical Activity Guidelines for Americans* are now available. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, and handouts. The workshops are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings.

[www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

## Eat Healthy • Be Active Community Workshops

Based on the *Dietary Guidelines for Americans 2010* and *2008 Physical Activity Guidelines for Americans*



### Teach the Eat Healthy • Be Active Community Workshops in your community!

Each of the following one-hour workshops includes a lesson plan, learning objectives, talking points, hands-on activities, and handouts:

- Enjoy Healthy Food That Tastes Great
- Quick, Healthy Meals and Snacks
- Eating Healthy on a Budget
- Top Tips for Losing Weight and Keeping It Off
- Making Healthy Eating Part of Your Total Lifestyle
- Physical Activity Is Key to Living Well



For more information and to download the Community Workshops:  
[www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)



Be Active, Healthy, and Happy!

